



Schedule January 11 – January 17



Monday ... January 11

- 9:30 Move w/Nancy (chair group 1) - C
- 10:05 Move w/Nancy (chair group 2) - C
- 10:40 Groove w/Nancy (aerobics) – C
- 1:00 Party Bridge – CR
- 1:00 Dominoes – AC
- 3:00 Craft with Jan – AC**
Winter Shadow Boxes
You must be signed up!

Tuesday... January 12

- 10:45 Chair Yoga w/Carla – C
- 11:00 Balance in Motion – FC
Exercises focused on lower body range of motion (with Nancy)
- 11:00 Chicken Foot – AC
- 1:00 Trivia Pursuit w/Gary – AC
- 1:30 Games in the Card Room

FOOD FORUM - Chapel

There will be 2 meetings, attend as follows:

- 2:00 – 2:45** If your apartment # is even
- 3:00 – 3:45** If your apartment # is odd

- 3:30 CHESS Club - NR
- 7:00 Card Game '99' – CR

Wednesday... January 13

- 9:00 Mahjong – CR
- 9:30 Strength & Balance w/Nancy – C
- 10:05 Stretch & Balance w/Nancy - C
- 10:30 Dominoes – AC
- 1:00 Grief Support Group – Card Room

NEIGHBORHOOD WATCH Party & Tabletop Safety Meeting

- 3:00 – 3:45** 1st Floor Apts. # 101-113
Meet Main Elevator Lobby
- 4:00 – 4:45** 1st Floor Apts. # 116 – 132
Meet Back Elevator area & close doorways
- 7:00 Corn Hole - C

Thursday ... January 14

- 9:30 Ladies Bible Study w/Louise- Conf
- 10:45 Chair Yoga w/Carla – C
- 11:00 Balance in Motion – FC
Exercises focused on lower body range of motion (with Nancy)
- 1:00 Community Bible Study – Conf**
- 1:00 Learn Mahjong w/Margie – AC
- 1:00 Party Bridge
- 2:00 Hand & Foot Game – CR

NEIGHBORHOOD WATCH Party & Tabletop Safety Meeting

- 3:00 – 3:45** 2nd Floor Apts. # 301 - 117
Meet Main Elevator Lobby
- 4:00 – 4:45** 2nd Floor Apts. # 318 - 332
Meet Back Elevator & close doorways
- 6:30 Evening Bridge – CR

Friday... January 15

- 9:30 Move w/Nancy - C
- 10:05 Move w/Nancy - C
- 10:40 Groove w/Nancy - C
- 1:00 Chicken Foot – AC
- 2:00 Coloring with a Twist – AC**
Join Louise for this relaxing activity!
- 2:00 Hand & Foot Game – CR

NEIGHBORHOOD WATCH Party & Tabletop Safety Meeting

- 3:00 – 3:45** 3rd Floor Apts. # 301-317
Meet Main Elevator Lobby
- 4:00 – 4:45** 3rd Floor Apts. # 318 - 332

Saturday... January 16

- 2:00 Bridge Basics w/Jack - CR
- 2:00 Movie & Popcorn
- 7:00 Movie & Popcorn

Sunday... January 17

- 9:00 Bible Study – C
- 2:00 Mahjong – AC

Happy Birthday!!

- Jan 11 Margie Crouch # 318
- Jan 14 Ed Thomas # 311
- Jan 15 Arlene Wood # 129

Reminder... 2021 Resident Directory changes or corrections must be given to Nancy or Courtney by Friday!

